

	Kinder	1st/2nd	3rd/4th	5th/6th	7th/8th
Hoop Height	8 ft.	8 ft.	10 ft.	10 ft.	10 ft.
Free Throw Line	none	none	none	13-15 ft.	regular 15 ft. free throw line
Ball Size	25.5	27.5	28.5	28.5	29.5
Fouls	5	5	5	5	5
Shooting Fouls	none	none	3rd: none / 4th: yes + bonus	yes + bonus	yes + bonus
Technical Fouls	automatic 2 points + possession of the ball				
Game Length	6x4 min QUARTERS running clock	4x10 min QUARTERS running clock	4x10 min QUARTERS running clock	4x10 min QUARTERS running clock	4x10 min QUARTERS running clock
Time Outs	two timeouts awarded per half				
Stop Clock	none	none	final minute of 4th quarter unless leading by 12 pts.	final minute of 4th quarter unless leading by 12 pts.	final minute of 4th quarter unless leading by 12 pts.
Overtime	none	none	2 min.	2 min.	2 min.
Zone Defense	not allowed	not allowed	not allowed	allowed	allowed
Double Team	inside the key	inside the key	inside the key	at half court unless up by 12 points	at half court unless up by 12 points
Backcourt Defense	not allowed	not allowed	not allowed	final minute of 2nd half unless up by 12 points	final minute of 2nd half unless up by 12 points
Closely Guarded	none	none	5 seconds from picking up the dribble	5 seconds from picking up the dribble	5 seconds from picking up the dribble
Stealing	from a pass only	from a pass only	3rd: from a pass only / 4th: at half court	at half court	at half court
Subs	during a timeout or a dead ball (after a referee's whistle)				

revised 1/6/20



# Recreational Basketball League Rules

*Official high school basketball rules will govern league play with the following exceptions*

## I. TEAM ROSTER/PRACTICE

- A. All participants **must** be properly registered through Maple Valley Parks & Recreation.
- B. **Jewelry Policy:** Participants are not allowed to wear any jewelry (necklaces, earrings, studs, bracelets, etc.) while playing. Those participants that have medical I.D. bracelets may wear a wristband over the bracelet. Hair control devices may be worn if made of soft material and not for adornment.

## II. EQUIPMENT/GYM SET-UP

- A. Maple Valley Parks & Recreation will furnish the game officials and scoreboard.
- B. NO POP, JUICES, COFFEE OR FOOD ALLOWED IN ANY GYM.**
- C. Both coaches/teams are to help put away chairs and clean up after the final game.

## III. START OF GAME

- A. The home team will be responsible for the official score sheet and the visiting team will be responsible for the timing of the game.
- B. No grace period. A team must start if they have at least four (4) players. If at any time players are disqualified/injured so that a team has less than four (4) players, the game is forfeited to the opposing team.
- C. Coaches are to print team name, the first and last name of each player and uniform number on the score sheet at the gym before each game. Players are to be listed in numerical order (i.e. 1-10). Game officials will take the score sheet at the end of the game.
- D. Before each game, coaches should meet with officials to discuss any special court rules.

## IV. LENGTH OF GAME

- A. Length of Game: Games will consist of 4, ten-minute quarters with a running clock. Halftime will be no more than 2 minutes and may be shortened if games are behind schedule. Stop clock will be used during the last 1-minute of the fourth quarter provided neither team leads by 12 points or more.
  - 1. Kindergarten: Games will consist of six, 4-minute segments and a 5-minute halftime. One minute is allowed for substitutes between segments.
- B. Time Outs: Each team will be allowed two 1-minute time outs per half. **The clock will run after 1-minute if teams are delaying excessively.** Time outs stop the game clock. One time out will be allowed for overtime. Time outs do not carry over.
- C. Overtime: In the event of a tie, a two-minute period with stop clock will be played. In the event that the game is still tied after the overtime period, the game will be declared a tie. Full-court defense will be permitted during the entire overtime period for 5th-8th grade teams.

## V. PARTICIPATION

- A. Our league is a recreational, learning league and every player must play in the game.

## VI. GAME INFORMATION

- A. Coaching Bench: Only two coaches and the players are allowed on the bench. No spectators, parents or siblings.

- B. **Warm-ups:** Although time is limited and may not be available for every game, teams are to warm-up on the basket opposite of their team bench before the start of the game.
- C. **Alternating Possession:** After the initial jump ball, possession will alternate on each held ball and half throughout the game. Example: Team A wins the initial tip. Team B would receive possession on the next held ball situation or start of the next half/overtime.
- D. **Free Throws:**
1. K-3rd Grades: No free throws will be attempted. A player who is fouled while shooting will receive a throw-in nearest the spot of the foul.
  2. 4th-8th Grades: The free throw line will be 15 feet.
  3. A free throw must touch the rim before it can be in play. If a missed free throw doesn't touch the rim, it is a dead ball.
- E. Players will have 10 seconds to advance the ball to the mid-court line. Over and back is in effect for all 3rd grade and older divisions.
- F. The three-point rule is in effect for gyms with those lines painted.
- G. **Team Fouls:** During the first 6 teams fouls, the ball will be taken out of bounds nearest the infraction. The 7th team foul and proceeding fouls will result in one-and-one free throws. The 10th team foul in a half will result in an automatic 2 free throws. All fouls committed in the act of shooting will be awarded 2 free throws. If the shot was made, the shooter will receive 1 free throw with the basket counting. Flagrant, intentional and technical fouls will result in an automatic 2 points for the opposing team and possession of the ball at mid-court.
- H. **Technical Fouls:** All technical fouls will result in an automatic two-points awarded to the opposing team and possession of the basketball. Any player or coach receiving 2 technical fouls will be ejected from the game and may be suspended from future games.
- I. **Offense**
1. All players must attempt to be involved in offensive plays. It is the coach's responsibility to make sure that no player is excluded from participating on offense.
  2. **Wrong Basket.** No score will be given for a basket made in the wrong goal. It will instead be treated as a turnover. This will prevent further embarrassing a player for making this mistake.
- J. **Stealing Regulations**
1. Kindergarten-3rd grade teams may not steal from the other team while dribbling or from a picked up dribble (encourages players to dribble with correct form without pressure of having the ball stolen). Passes or fumbled balls may be stolen in the front court only.
  2. 4th-8th grade teams may steal fumbles or passes in the front court only or a dribble once the opponent crosses into the front court.
- K. **Double-Team Defense Regulations**
1. K-4th grade teams may double-team (or help on defense) when the opponent or basketball enters the key.
  2. 5th-8th grade teams may double-team a player once the player crosses mid-court unless leading by 12 points or more.
- L. **Zone Defense Regulations**
1. K-4th grade teams must play man-to-man defense the entire game. Defenders must be within two feet of their opponent.
  2. 5th-8th grade teams may play man-to-man or zone defense throughout the game.
- M. **Back Court Defense:** Back court defense is not permitted for K-4th grade teams. 5th-8th grade teams may play full court defense during the final minute of the fourth quarter provided their team does not lead by 12 points or more.
1. Defenders must retreat to mid-court and cannot guard a player in the backcourt even if the defender doesn't attempt to steal.
  2. **Fumbled Ball/Loose Ball.** Defenders may not steal a fumbled ball until the ball crosses mid-court.
- N. **Three Seconds in the Key** will be enforced in all 3rd-8th grade divisions. Coaches and referees should advise players of this potential violation in all divisions. The three second count is restarted after each shot attempt regardless of whether the shot strikes the backboard or rim.

- O. **Five Seconds Closely Guarded** will be enforced in all 3rd-8th grade divisions once a player picks up their dribble. Players must pass or shoot before the countdown expires.
- P. **When a team leads by 20 or more points, the GAME SCORE will not be displayed (except 7th/8th grade divisions). Coaches should encourage their team to make multiple passes before shooting the ball or allow those that do not typically score shoot the ball. Sportsmanship and not running up the score is our league goal.**
- Q. For game cancelation information please call the Sports Information Line at 425/413-6675.
- R. No game protests are allowed.

## VII. Player/Coach/Spectator Conduct

- A. Any person who is confrontational, threatens and/or is verbally/physically abusive in any way towards a referee, player, coach, parent, spectator or employee before, during or after the game will be suspended a minimum of 2 games and may be suspended from the league entirely.
- B. Only the head coach may speak with a referee before and during the game. **Coaches, players, parents and spectators are not allowed to discuss, review or talk with the referees after the game is over. Concerns about the referee may be e-mailed to the league coordinator.** After the game, congratulate the kids for playing a great game and enjoy the post-game snack.
- C. Two technical fouls issued to a coach or player in one game shall result in an automatic ejection and minimum one game suspension.
  - 1. Coaches receiving a technical foul will be required to remain seated on the bench during play (the "seat belt rule"). Coaches breaking the seat belt rule will be issued a second technical and removed from the gym.
- D. A player/coach/spectator who is ejected will be suspended a minimum of 1 game. The league coordinator will decide on the official suspension length.
- E. Any person that is suspended may not attend any Maple Valley Parks & Recreation program/activity during the suspension. Failure to comply will result in an increased suspension.
- F. Coaches are responsible for the actions of their players and spectators. Unsportsmanlike conduct by a player or spectator will result in their immediate removal from the gym or the team will forfeit the game.
- G. Players/spectators/coaches are not to cheer against the opposing team. Everybody is encouraged to cheer for the kids, regardless of which team they play for, so the playing experience is a joyous one.

# Good sportsmanship is contagious!

- H. **Casual Profanity:** Casual profanity pertains to expletives and verbal unsportsmanlike language not necessarily directed at officials or opposing players, but is uttered by a player out of frustration. This is penalized by a technical foul against the offending player. **Any profanity, inappropriate name-calling or unsportsmanlike language directed at an official, player, coach or spectator will result in an automatic expulsion from the game.**
- I. **Tobacco Policy:** No coach/player/spectator may use tobacco (or e-cigarettes) while on Tahoma School District property.